

14. A method for modifying lipid and glucose metabolism in a lean human in need of such treatment the method comprising:

administering a dopamine agonist and a prolactin stimulator to said lean human daily at different predetermined times of the day that will cause the prolactin level in the blood of said lean human to peak at substantially the same time of day as prolactin level peaks in a fat human, thereby causing the body fat content of said lean human to increase.

15. The method of claim 13 wherein the dopamine agonist is administered daily to said obese subject to increase the cellular sensitivity of the obese subject to insulin.

16. The method of claim 13 wherein the dopamine agonist is administered daily to said obese subject to reduce hyperinsulinemia.

17. The method of claim 13 wherein the dopamine agonist is administered daily to the obese subject to reduce hyperglycemia.

18. The method of claim 13 wherein the dopamine agonist is selected from the group consisting of 6-methyl-8-beta-carbobenzyloxy-aminoethyl-10 alpha-ergoline; 8-acylaminoergolines; bromocriptine, and D-2-halo-6-alkyl-8-substituted ergolines.

19. A method for modifying and regulating at least one of lipid and glucose metabolism in a human in need of such treatment, said method comprising administering bromocriptine to said human on a timed daily basis at a first predetermined time of day in a first dosage amount sufficient to reduce hyperglycemia and hyperinsulinemia and to reduce hormonal prolactin level in the blood of said human and additionally administering metoclopramide to said human on a timed daily basis at a second predetermined time of day in a second dosage amount sufficient to increase normal prolactin level in the blood of said human; continuing said administrations for periods of time sufficient to modify and reset on a long-term basis the prolactin daily cycle of said human to mimic the low day levels and night time peak of the prolactin cycle of a lean healthy human, thereby achieving in said human at least one of the following long-term results: a reduction in insulin resistance, a reduction in fat stores, suppression of hyperinsulinemia and a reduction in hyperglycemia.

20. A method for modifying and regulating lipid and glucose metabolism in a vertebrate animal or human subject in need of such treatment comprising administering daily to said subject at a predetermined time of day a prolactin stimulator wherein said predetermined time of day is shortly before the daily peak of the prolactin level of a lean healthy member of the same species as said subject, in an amount sufficient to increase the normal prolactin level in the blood of said subject to cause said subject's daily prolactin level to peak at about the same time as the daily prolactin level of said lean healthy member of the same species.

21. The method of claim 20 wherein said subject is a human.

22. A method for treating Type II diabetes in a vertebrate animal or human subject in need of such treatment comprising

administering to said subject a dopamine agonist on a daily basis at a first predetermined time of day in a first dosage amount sufficient to reduce the hormonal prolactin level in the bloodstream of said subject; and additionally

administering to said subject a prolactin stimulator on a daily basis at a second predetermined time of day in a second dosage amount sufficient to increase the hormonal prolactin level in the bloodstream of said subject; and

continuing said administration for periods of time sufficient to modify and reset on a long-term basis the daily prolactin cycle of said subject to mimic the low level and peak of the prolactin cycle of a lean healthy member of the same species, thereby achieving in said subject at least one of a decrease in insulin resistance, suppression of hyperinsulinemia and reduction of hyperglycemia, with or without concomitant reduction of body fat stores in said subject.

23. The method of claim 22 wherein after lapse of said periods of time, said administrations are discontinued but the modification and reset of the prolactin cycle of said subject persist thereafter on a long-term basis.

24. The method of claim 22 wherein said subject is a human and said low level is the low day level and said peak is the night time peak of the daily prolactin cycle of a lean healthy human.

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